



## Three-Day Dietary Record

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please be faithful to yourself – you are in a safe place to consider change, record as precisely as possible every single item that you consume (this includes water, vitamins, sauces etc.).

### INSTRUCTIONS

Keep a pen and paper with you at all times to record your intake including food item, quantity, and notes. Record combination foods separately (e.g., hot dog, bun, and ketchup) and include brand names of food items (list contents of homemade items) whenever possible.

For packaged items, use labels to determine quantities i.e. 400g

Record three days that are representative of your normal intake. Therefore, if your weekdays are different from your weekends, pick two weekdays and one weekend.

#### *Example: Dietary Record Day 1*

FOOD ITEM	QUANTITY	NOTES
<b>Breakfast</b>		
2 pieces of toast	2 pc	
Margarine	1T	
Orange Juice	6 oz	
<b>Lunch</b>		
Small pizza	400g	Pepperoni, mushroom, cheese
<b>Dinner</b>		
Chicken	6 oz	
Baked potato	6 oz	
Mixed vegetables	1 c	Peas, carrots, corn

*Dietary Record: Day 1*

FOOD ITEM (Include brand names)	QUANTITY (g, mL, tablespoons [T], teaspoons [t], cups [c], etc.)	NOTES (Include ingredients & amounts of homemade items)
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*Dietary Record: Day 2*

FOOD ITEM (Include brand names)	QUANTITY (g, mL, tablespoons [T], teaspoons [t], cups [c], etc.)	NOTES (Include ingredients & amounts of homemade items)
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*Dietary Record: Day 3*

FOOD ITEM (Include brand names)	QUANTITY (g, mL, tablespoons [T], teaspoons [t], cups [c], etc.)	NOTES (Include ingredients & amounts of homemade items)
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